

BREAKTHROUGH

DECEMBER 1986

HEMI-SYNC AND AUTO RACING

by
Michael Keen

The following is an account regarding the use of the Hemi-Sync tape "Concentration" during practice by British race car driver Tony Trimmer, a British and European Formula 1 champion.

It was August 31, 1985. Practice was underway at Oulton Park for the British Racing & Sports Car Club's Thundersports Trophy Meeting. Tony Trimmer, driving a Lola 70, was using the Hemi-Sync tape "Concentration."

Earlier in the year at the same course, Tony's best lap time had been 1.13.00. The first time Tony went out, he came around the circuit at 1.12.9 -- Tony thought that was impressive.

Near the end of practice session number two in the afternoon, rain had started to fall and track conditions were slippery. Even so, Tony took the track record with a time of 1.11.9. Tony said he felt that a 1.11.00 might have been possible had it not started to rain. He was most pleased and said the possibility of reducing his lap time by a full two seconds over the period of a few months was remarkable when 1/10 of a second can mean the difference between the front row and the back row of grid start positions. Tony's wife said she had never seen him so relaxed during practice, with no sweating or hyper-speech symptoms.

Tony also remarked that he made fewer mistakes and that it just felt easy (189 mph easy?) and he had

been a lot more consistent in braking and cornering. I believe that his lap record still stands today.

I know of two other drivers using the "Concentration" tape: Tim Jones in Formula Ford 1600cc and Slim Borgood, a Swedish Grand Prix driver.

Slim used it in the finals of the truck Grand Prix last year and beat the works Ford team, which had been a full two seconds faster in practice. As a result, a Swedish oil company renewed its sponsorship for another year.

I also know that in the RAC Rally last year the British Leyland team asked for the use of 6 "Concentration" and 6 "Catnapper" tapes for the car crews.

Michael Keen is a director of Mentrionics Systems (UK) Ltd., distributors of Hemi-Sync tapes for the United Kingdom.

PATIENTS' REACTIONS TO HEMI-SYNC TAPES

Submitted to
Dr. Ed Levy

A well-educated woman in her mid-50's, very bright, married, with grown children:

"I like the Monroe tapes. They are not a panacea for other kinds of therapy, but they certainly are a useful therapeutic tool.

They have been particularly valuable to me in helping to overcome inhibitions and fears that interfere with my communication. I have had many splits in my life and I find that the tapes, with their flow of music, synchronization and utilization of both sides of the brain,

PATIENTS' (cont.)

nudge my conscious mind off guard, and offer me a tool to mend splits and to better integrate troublesome events in my life.

I am very sensitive to outside stimuli and am often overly aware of my therapist's thoughts, feelings and needs as a person. The tapes help me to draw boundaries and to utilize my therapist in an environment that seems comfortable to both of us.

I do think that it is important to have one's own therapist as a guide in these tapes, because a strange voice jars the conscious mind and forces alert observation, which may induce a negative response.

I think it would be useful to have a follow-up tape to check the progress of the first tape and to evaluate results in case of a need for more work in a particular area. This would help with misinterpretations and would represent caring on the part of the therapist, which would eliminate any feelings of intrusion. This follow-up could be accomplished in "talk-therapy" sessions, but to me, the work on the tapes represents a different medium and should be treated as such.

"Exploring #1," or "Mission 10," has certain crescendos and diminuendos that echo and seem to repeat words or phrases. I often use these places to insert a message to myself and with the right timing, the therapist could effectively reinforce certain messages of his own.

Transference presents a problem for me as it seems too real and I see the tape work as an alternative tool in exploratory therapy. After I had made the first tape, I had the feeling of having visited another planet. There I felt that I had met a trusted companion who had guided me through an experience. I never saw this companion, but because we were on another planet, I knew that I needed to make the most of our time together as it was limited. When

the tape was over I did not experience the feeling of loss that I sometimes feel after a difficult session. It was as if when we returned to earth, we became just two people who happened to be friends. There was no residue.

I would be interested in using the tapes more often, but it bothers me to pay extra for them. Partly, this is because I feel that therapy is expensive enough without adding to it, but it is also an idiosyncrasy of mine that I do not like to place monetary value on things that touch me. This may seem miserly and idealized, but on the other hand, my resistance may be a testimony to the tape's value."

A 57-year-old professional, married, children grown:

"The tapes have proved exceptionally useful in enabling me to attain and sustain a dream-like state in which I have been able to visualize and verbalize images and thoughts I do not have contact with at the fully conscious level. You have exploited this to advantage at several critical points in my treatment program over the past two and one-half years. Each time we have been able to explore with profit a new direction or a new facet uncovered or perceived in a new dimension with the aid of the tapes. On at least two occasions, the tape background has also provided a transport medium which has assisted in the dissipation of deep-seated but suppressed, negative emotions, with mild post-session exhilaration noted to be a short-lived effect. I believe the tape or tapes used contributed significantly to the beneficial effect of the induced semi-conscious state.

The tape you loaned which was intended to induce sleep kept me wide awake and hyperalert. Frankly, it gave me a feeling of being stalked by something or someone!

The "Concentration" tape has just

PATIENTS' (cont.)

that effect and I use it in occasion-
- not as often as I should -- when
going through technical literature. It
produces pleasant effects -- restful
and mindease -- which last after the
tape is off. I can read on for
another hour or so embraced by the
mood and ambience established by the
tape."

A 36-year-old teacher, above average
intelligence, married:

"All is well and I am feeling fine.
I contribute this to our work
together. I feel I am on the right
track with my life and looking
forward to a healthy future.

Since school has started, my life
seems to be in full swing. I am
enjoying every minute of it. The
people who bothered me in the past
no longer do. I see them each as a
person with his own unique
personality and look and react to the
positive. My family is fine. I have
accepted my mother and sister as
they are and I am trying to build a
relationship based on the present and
future -- not the past. Daryl and I
are experiencing a healthy
relationship -- our best in years.

The Monroe tapes helped me to
experience my inner self and being.
They put my mind in touch with
every part of my being... that is,
physical and spiritual. They are a
means of total relaxation. You
become in tune with nature and your
total surroundings. Things appear to
be fresher and have more value than
they ever did before. People around
you become more important and
closer. I can go on for pages about
their effect on my life, but to sum it
up in one sentence, I would say--
They help me to experience life in
seeing, touching, smelling, loving,
experiencing people and nature
because I am a person with true
worth and value that can give of
myself and receive from others.

An afterthought -- maybe you
should say somewhere in your
discussion of the tapes that they can
have an intoxicating effect on the
person after experiencing them. A
recovery time of at least 30 minutes
would be helpful. I know from my
own experience of trying to drive a
car right after a session. I was so
"high" on how I felt and everything
around me, I really didn't remember
driving home. Nothing serious
happened, but there is a remote
possibility that something could have
happened to me or to someone else
experiencing the same feelings I did."

A woman, mid-20's, bright, past
history of mental hospitalizations:

"As you requested in your recent
letter, I am writing you about the
use of the Monroe tapes.

The tapes brought out a type of
curiosity I have not experienced
before. It was not doubt at all, but
a hope. I suspected from the very
beginning that there was no place for
doubt or self-pity if the tape was to
help.

The first taping allowed me to
investigate the pain in my heart and
mind and let it be met by a
commitment to myself for the
cessation of the suffering my mind
was experiencing. Understanding is
truly the ultimate seduction of the
mind. This tape allowed me to go to
the truth beyond the mind. There is
so much of ourselves we wish not to
experience. I had so much fear,
guilt, anger, confusion and self-pity
that was left with nowhere to go. I
was barricading my heart and mind
from everything... consequently I was
alone in a "hostile" world.

The tape took all the negative,
self-defeating thoughts somewhere
else. Trigger points were less of a
threat to me. When a conflict arose,
the fear seemed to almost float away.
It seems to me that my value system
was no longer in conflict with the
one my mind had created since the

PATIENTS' (cont.)

rape. Is it any wonder, considering the bizarre insistence of my conditioning, that I feel so incomplete, so torn.

I regret not being taught more. Our time was too short for me to get all you intended, and all I crave, still crave.

People, including myself, try so hard to protect themselves from who they fear they are. We dare not share our minds with anyone, even ourselves. We are so frightened of who we might be, of not being loved for the convolutions of our thoughts. It is hard to say if you (Dr. Levy) or a branch of the tapes helped me to learn I have nothing to fear if I understand. That is a bit simplified, yet accurate."

(Comment: I think this lady wanted to please me.)

Dr. Ed Levy is a psychiatrist with a private practice in Topeka, Kansas.

LET US KNOW

The "BREAKTHROUGH" newsletter belongs to you. In order to continue publishing new ideas and applications of Hemi-Sync, we need your feedback! How are you using it? What results have you noticed? What reactions have you received? Your reports don't have to be formal, but they do need to be received. Please, let us know!

Remember, the applications you take for granted may be the inspiration someone else is looking for.

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